Handbook on Cutting Lamb

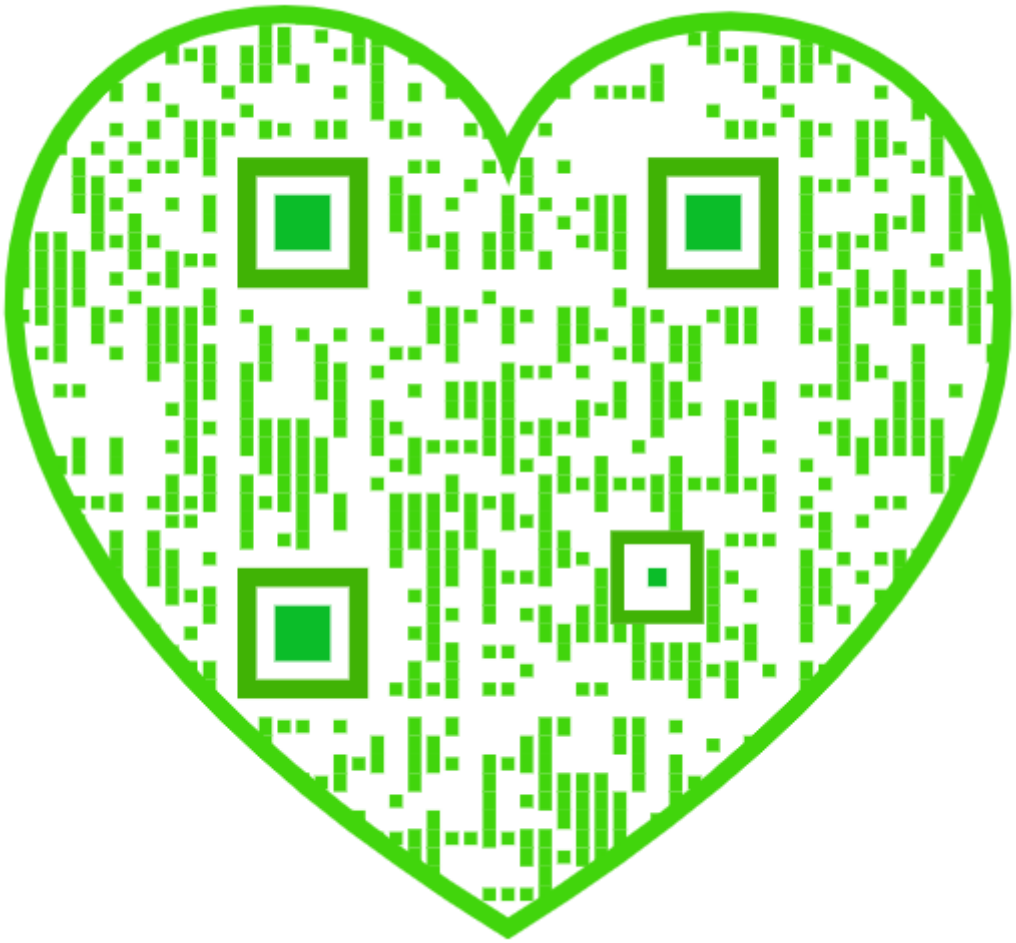
Prepared for the

UNITED STATES ARMY

by the

NATIONAL LIVE STOCK AND MEAT BOARD

407 South Dearborn Street - - - - Chicago, Illinois

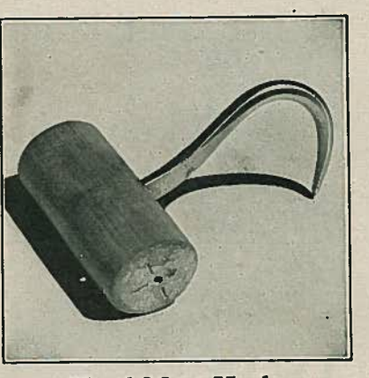


Rules for Safety

DO

1. Hold knife firmly.
2. Wear metal safety glove when boning meat.
3. Use a hand meat hook when boning meat.
4. Use boning knives equipped with guards.
5. Keep floor free from fat, waste, and trimmings.
6. Force meat into grinder with metal or wooden stomper.
7. Avoid lifting excess weights.
8. Give immediate medical care to all cuts and bone scratches.

Metal Safety Glove



Hand Meat Hook

DON'T

1. Don't grab for a falling knife.
2. Don't lay meat on knives.
3. Don't throw knives together.
4. Don't force the saw. It may "jump."
5. Don't crowd working space.
6. Don't carry knife when both hands are needed to carry meat or heavy packages.

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A Handbook on Cutting Lamb

The lamb cutting methods recommended in this handbook are designed primarily for Army use. The methods were developed by the National Live Stock and Meat Board and approved by the Army.

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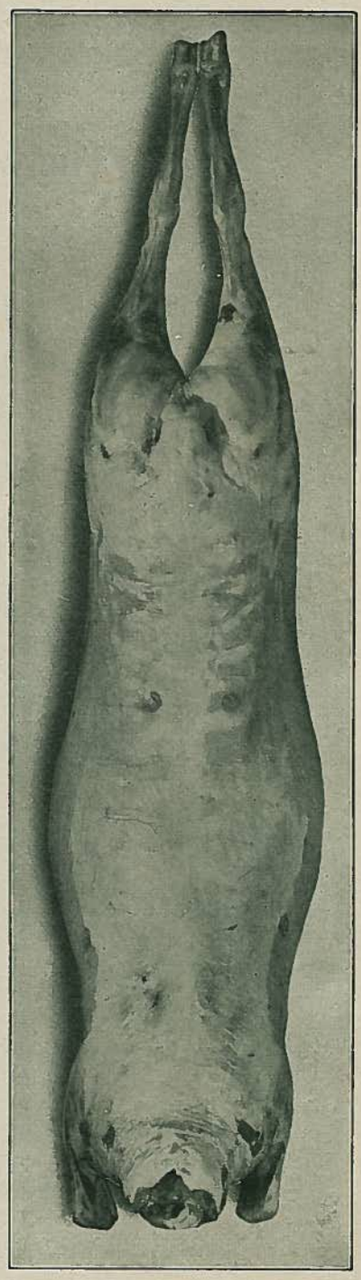


This handbook made possible by the cooperation of the Colorado-Nebraska Lamb Feeders Association and the New Mexico Wool Growers Association.

Lamb in the

LAMB offers possibilities for variety and appetite appeal in the Army mess. Furthermore, it is a meat that is easy to handle and easy to prepare.

The information and suggestions contained in this Handbook are presented with a view to helping the Army cook secure the most satisfactory results in cutting, cooking, and serving this meat.

On the following pages graphic instruction is given on easy ways of making lamb cuts that are most suitable for Army use. This instruction is given largely through the use of photographs which show clearly how the various cuts are made—step by step.

Since it is most practical to serve lamb either in the form of stew or roasts for the Army mess, the cutting methods presented here show how the entire carcass can be utilized in this manner to excellent advantage. The instruction begins logically with the detail of dividing the carcass into major cuts, and follows through with the step by step procedure for every section of the lamb.

Army Mess

Roasts are provided by the long saddle which includes the legs, loin and rack. Stew is made from the triangle which includes the shoulders, neck, breasts and shanks.

When chops are desired, they may be made from the shoulder, rack, loin or loin end of the leg.

The shoulders are the "balance" cut. They may be used either as stew or for roasting, according to the need.

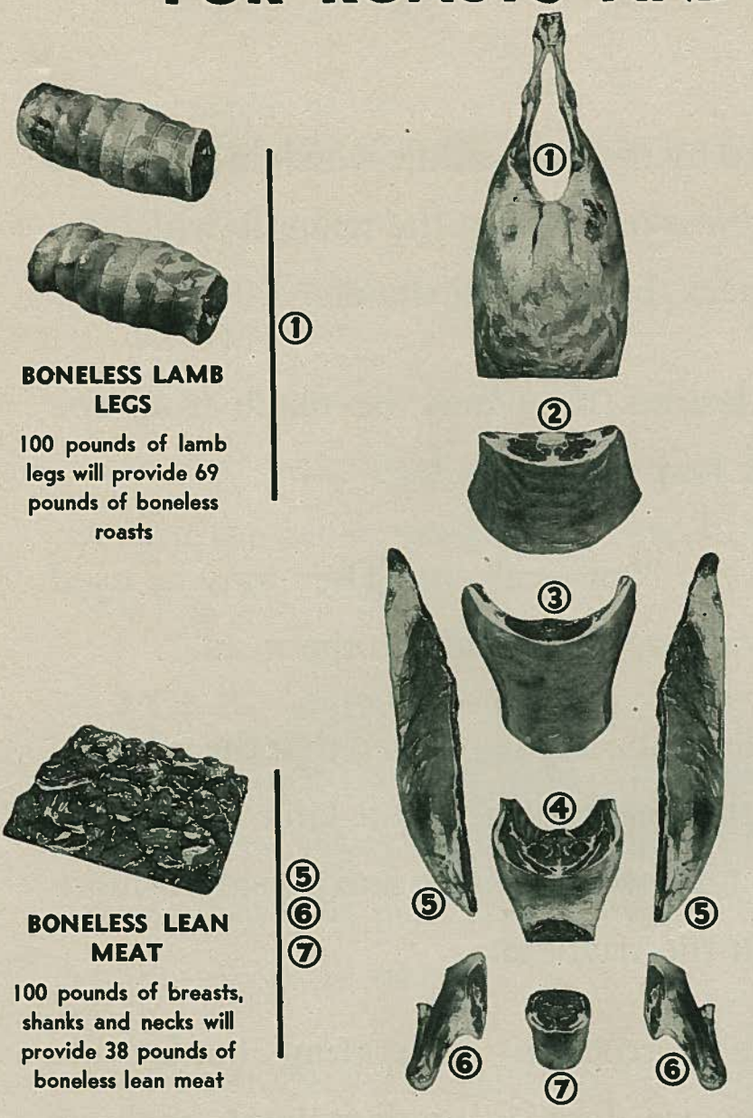
When buying whole lambs it is suggested that the triangle be used first, leaving the long saddle for a later meal. The long saddle, due to its fat covering inside and outside, is more suitable for aging than the triangle.

In addition to the instruction on cutting lamb, this Handbook presents concise data on modern lamb cooking methods; and pointers are given on carving and on foods to serve with lamb. Contrary to an old idea held by some, lamb is not difficult to cook. It is cooked like any other meat.

The supplementary material on care of tools and meat blocks, sanitation, and safety also may prove helpful.

LAMB CHART

DIVISION OF CARCASS FOR ROASTS AND STEW



BONELESS LAMB LEGS

100 pounds of lamb legs will provide 69 pounds of boneless roasts

①

BONELESS LAMB LOIN

100 pounds of untrimmed loins will provide 54 pounds of boneless roasts

②

BONELESS LAMB RACK

100 pounds of lamb racks will provide 60 pounds of boneless roasts

③

BONELESS LEAN MEAT

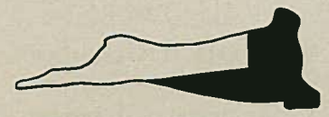
100 pounds of breasts, shanks and necks will provide 38 pounds of boneless lean meat

⑤ ⑥ ⑦

BONELESS LAMB SHOULDERS

100 pounds of square cut shoulders will provide 69 pounds of boneless roasts or stew

④



TRIANGLE FOR STEW

④,⑤,⑥,⑦

100 pounds of lamb triangles will provide 54.5 pounds of boneless meat for stew

BONES FOR SOUP

100 pounds of carcass lamb will provide 11.5 pounds of bones for soup

LONG SADDLE FOR ROASTS

①,②,③

100 pounds of long lamb saddles will provide 63.5 pounds of boneless roasts

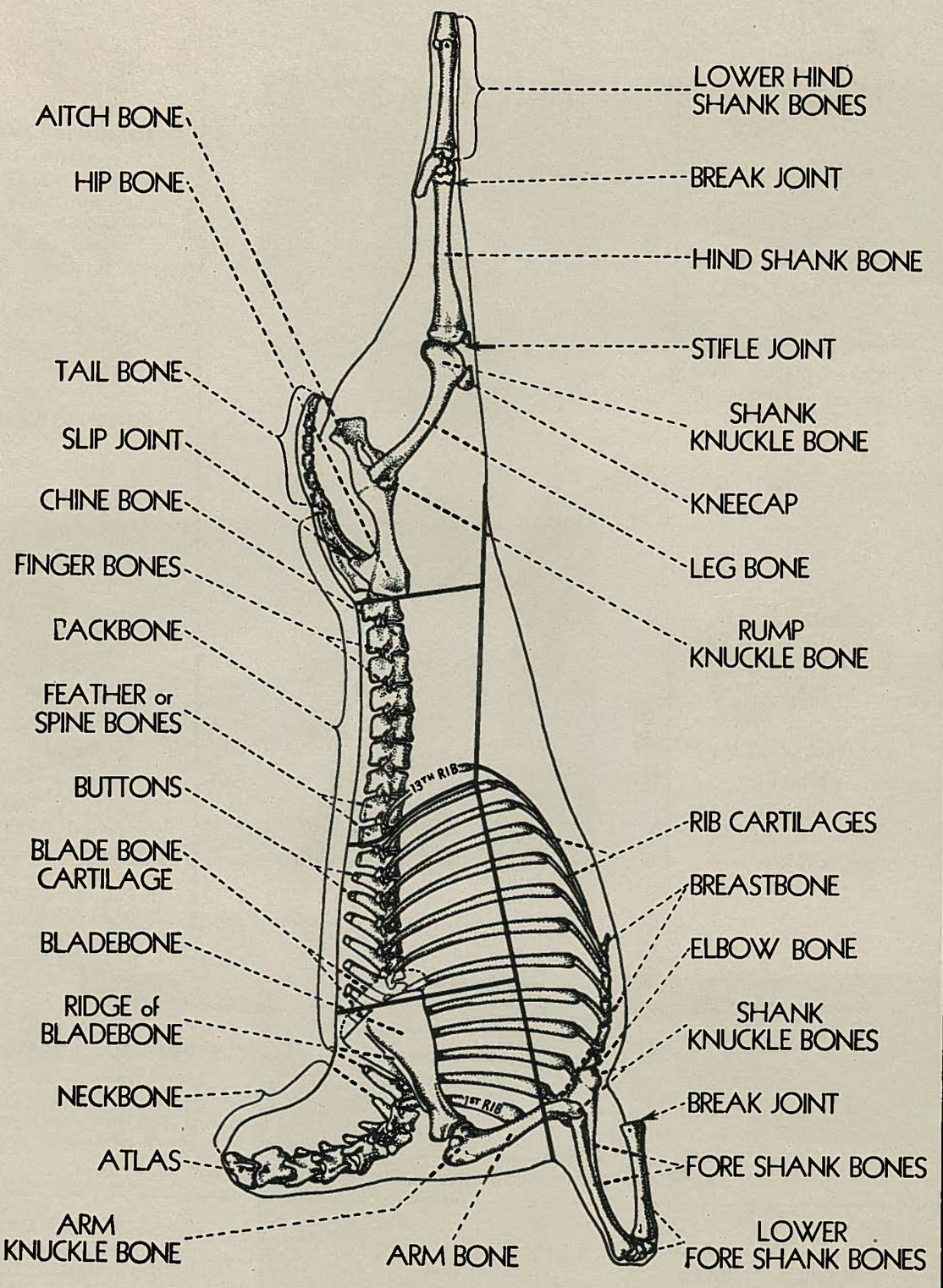
Prepared for the United States Army by the National Live Stock, and Meat Board.

LAMB CUTTING TEST

Name of Cut	From 100 pounds Carcass Lamb
Legs (including sirloin)	32 pounds
Loin (untrimmed)	13 "
Rack (eight ribs)	11 "
Shoulders (five ribs)	23 "
Breasts, shanks, and neck	21 "
Total	100 pounds

LAMB CHART

LOCATION, STRUCTURE AND NAMES OF BONES



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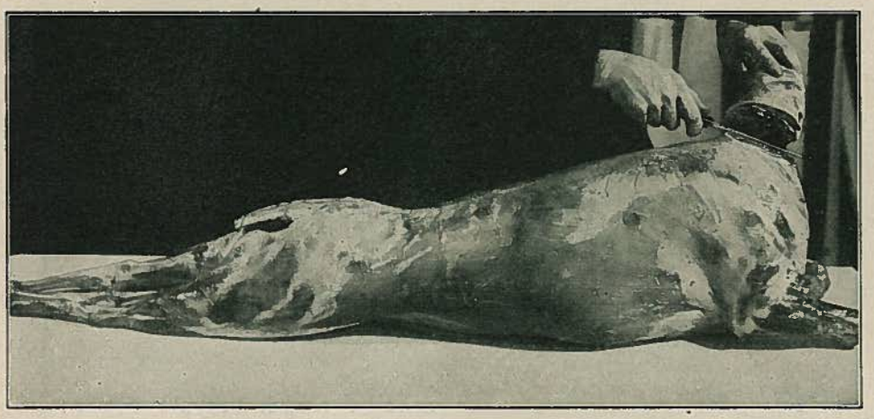
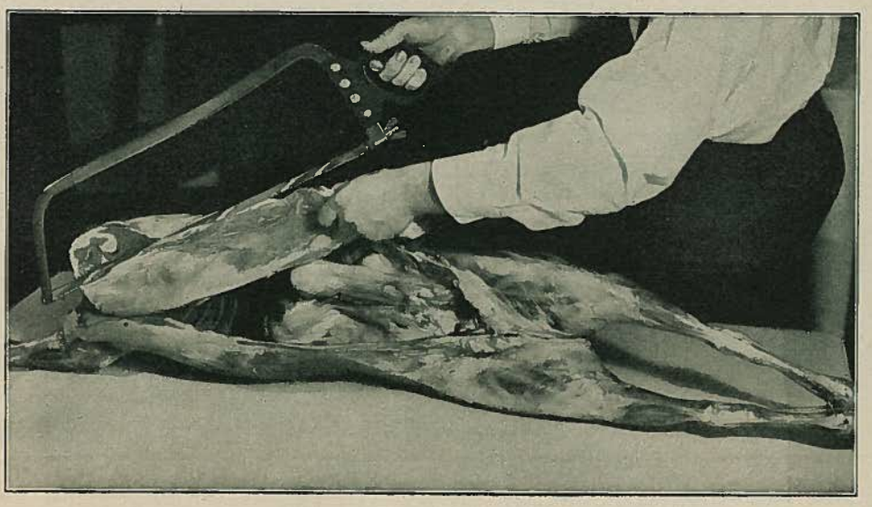
Dividing the Lamb into Major Cuts



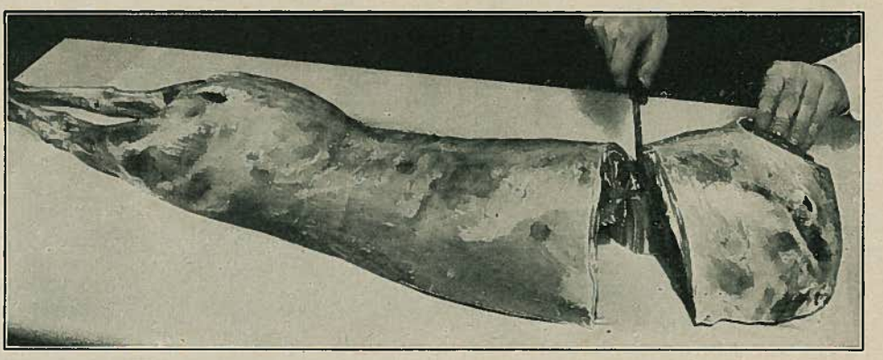
1. Remove neck at point where it joins shoulder.

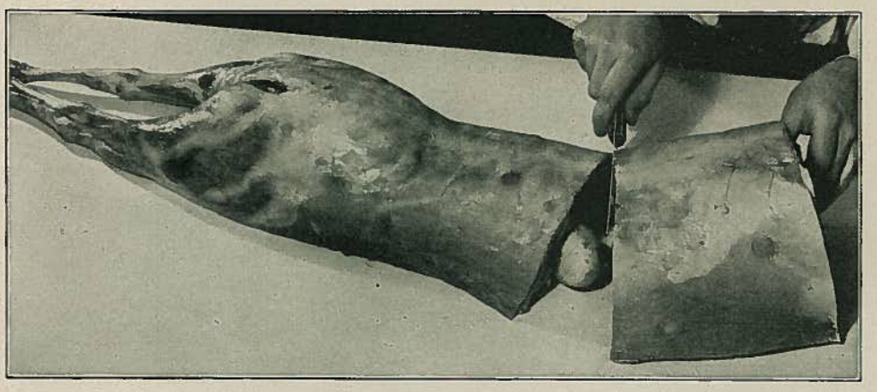
2. Take off shank by cutting across arm of shoulder about one inch above elbow joint and along natural seam.



3. Remove breast by separating flank from loin and cutting over ribs to point where shank was removed. (Next remove shank and breast from other side of lamb.)

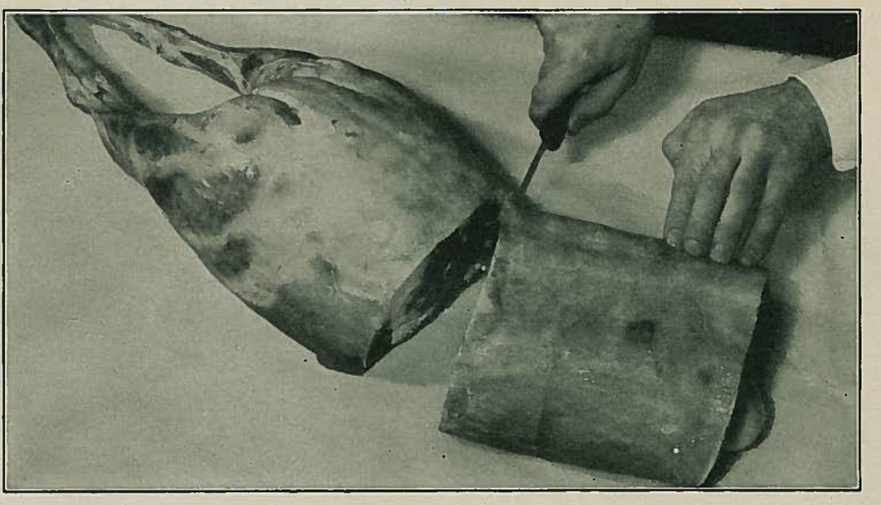
4. Separate square cut shoulders from long saddle, cutting between fifth and sixth ribs.





5. Remove rack, cutting back of thirteenth ribs.

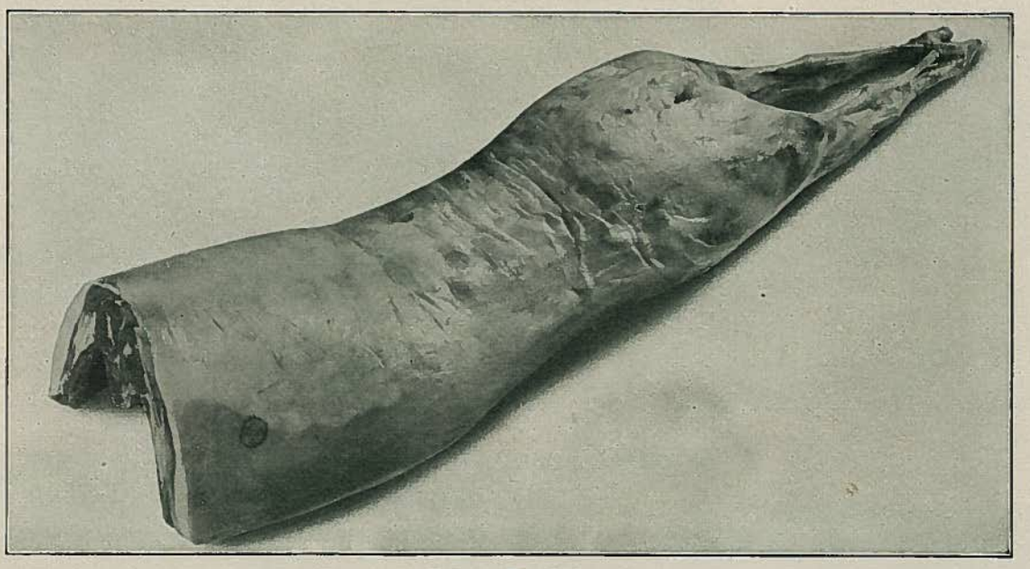
6. Separate loin from legs, cutting just in front of hip bones.



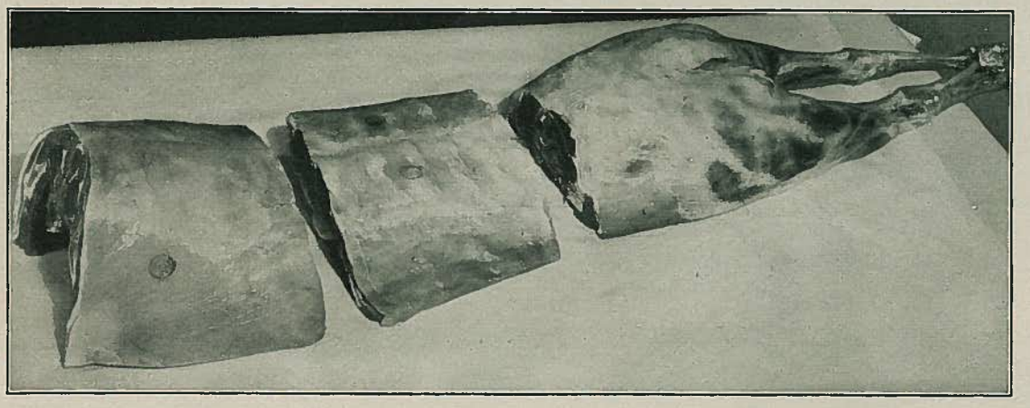
7. Split legs.

Lamb for Roasts

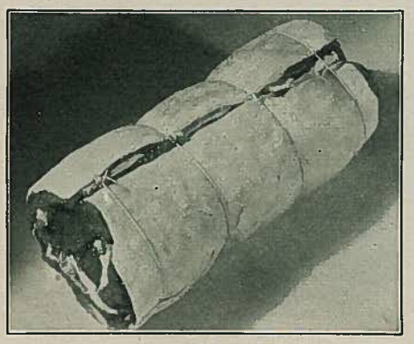
Lamb roasts are convenient in size, easy to cook, easy to carve, and provide uniform servings.



Long Saddle

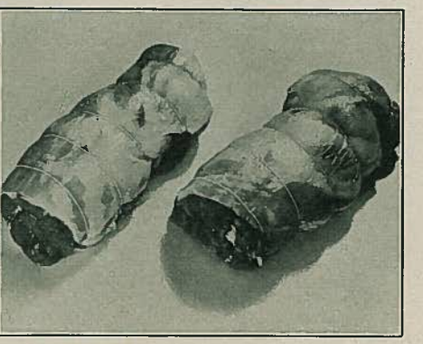


Rack Loin Legs



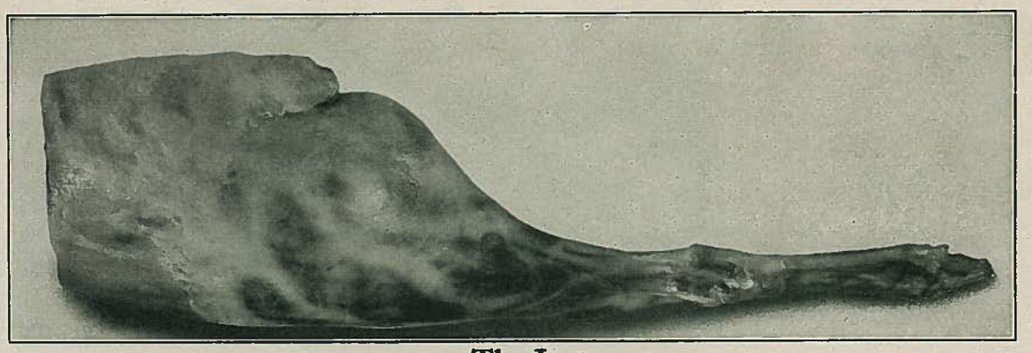
Boneless Rack Roast

Boneless Loin Roast



Boneless Roasts from Two Legs

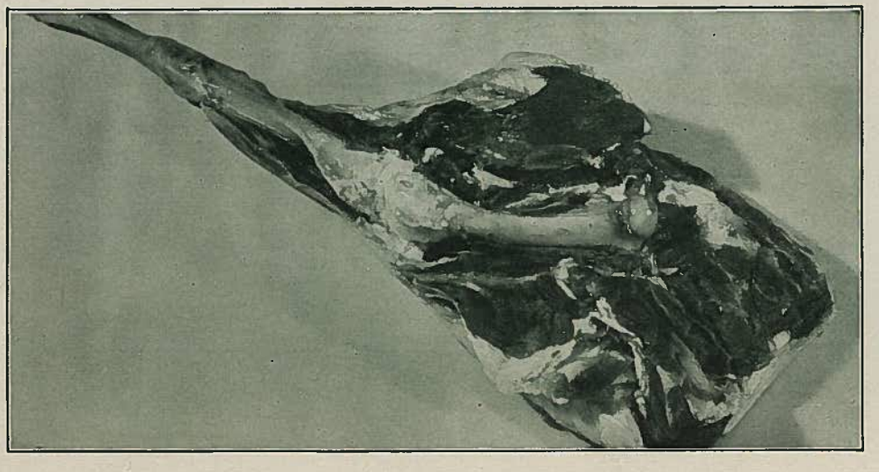
Making Boneless Leg Roast



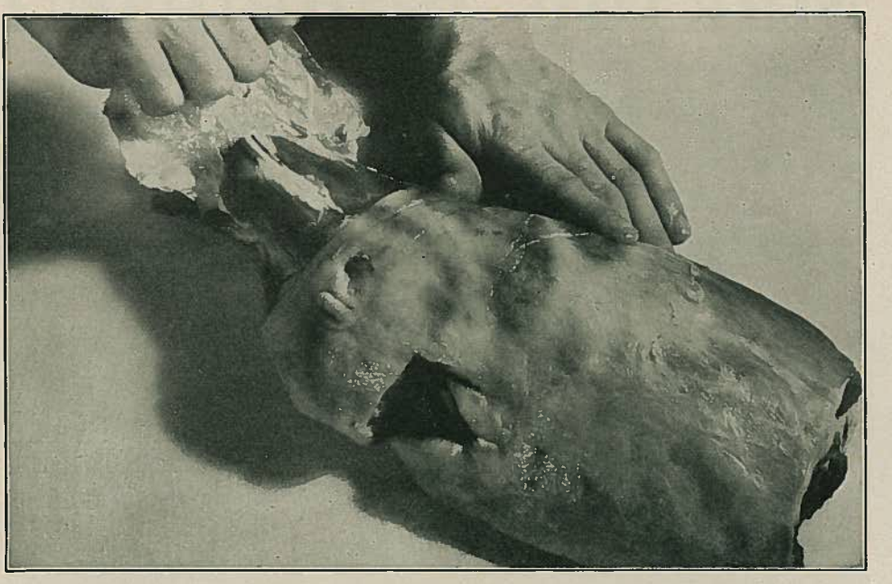
The Leg

1. Remove tail bone.

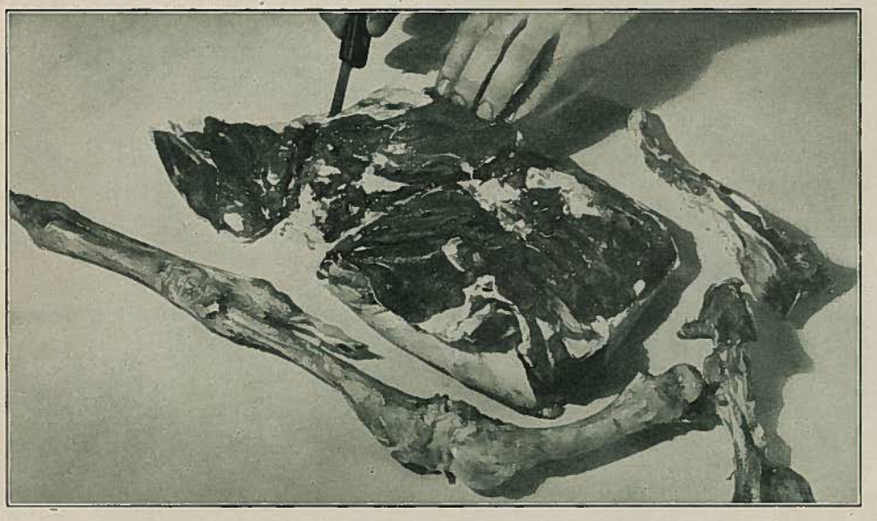
2. Remove aitch bone by unjointing it at ball and socket joint, then cutting closely around it.



3. Split inside leg muscle so leg and shank bones can be removed.



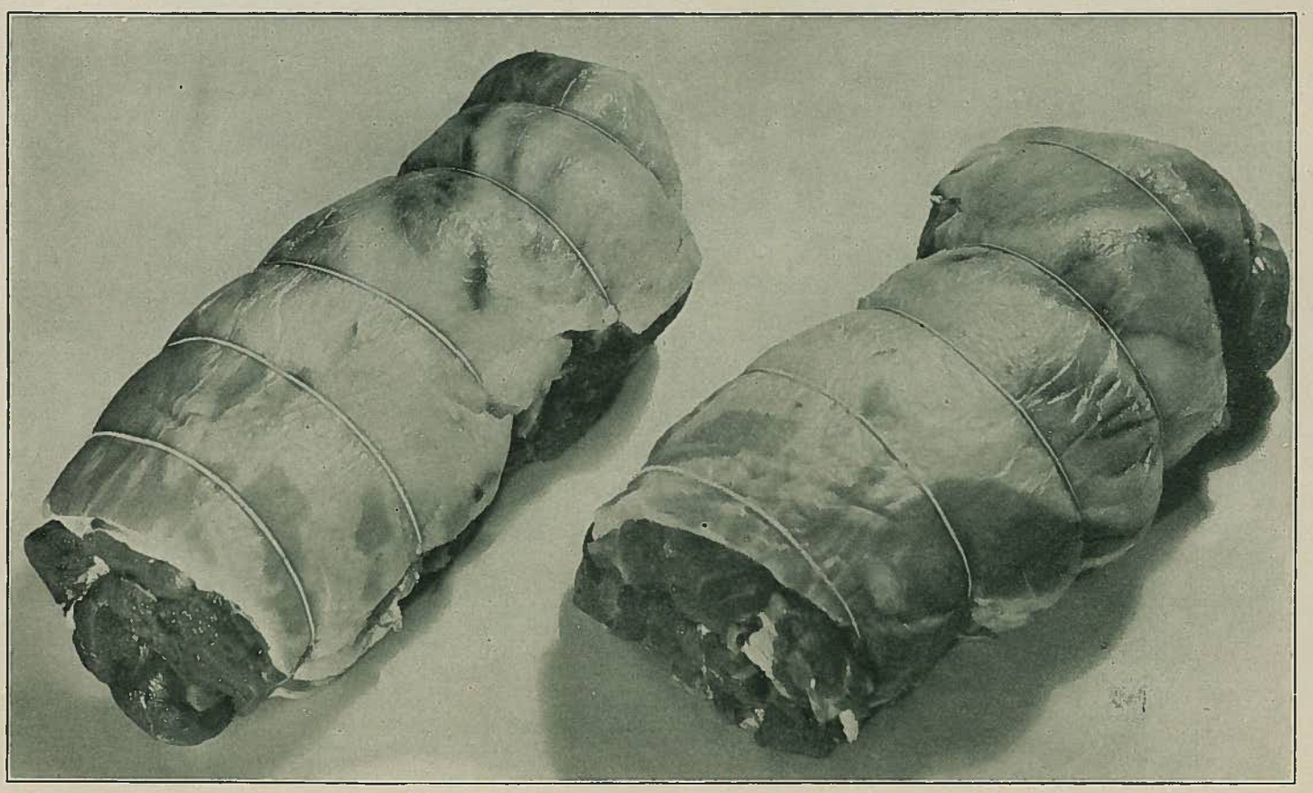
4. Pull fell from shank meat.



5. Cut off shank meat.

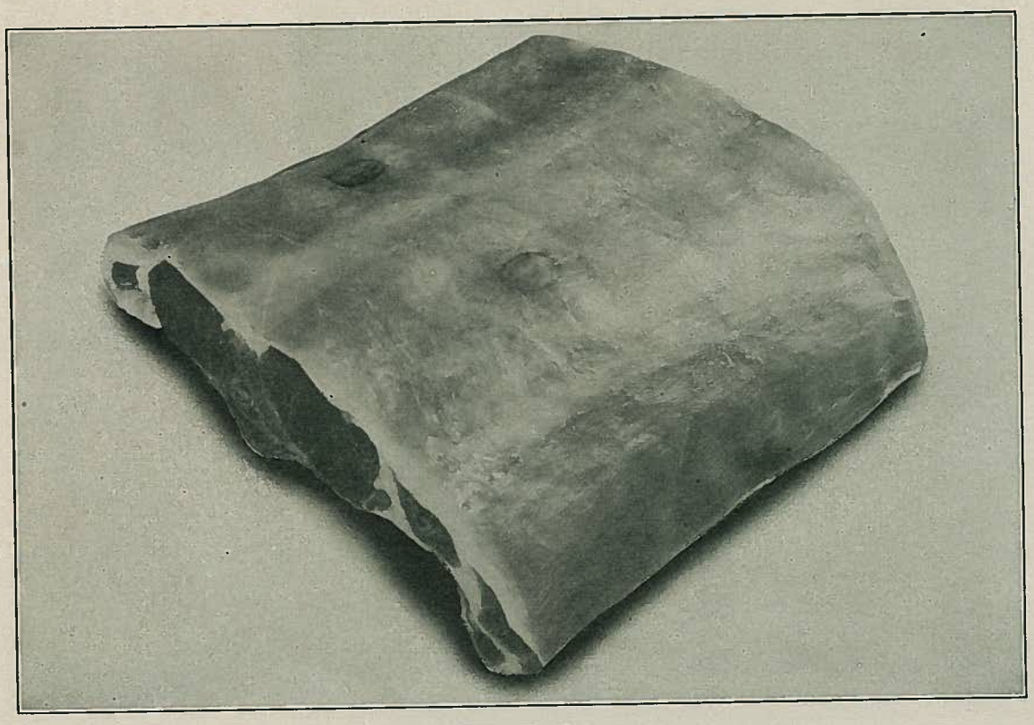
6. Place shank meat lengthwise in pocket left by removal of aitch and leg bones.

7. Roll and tie.

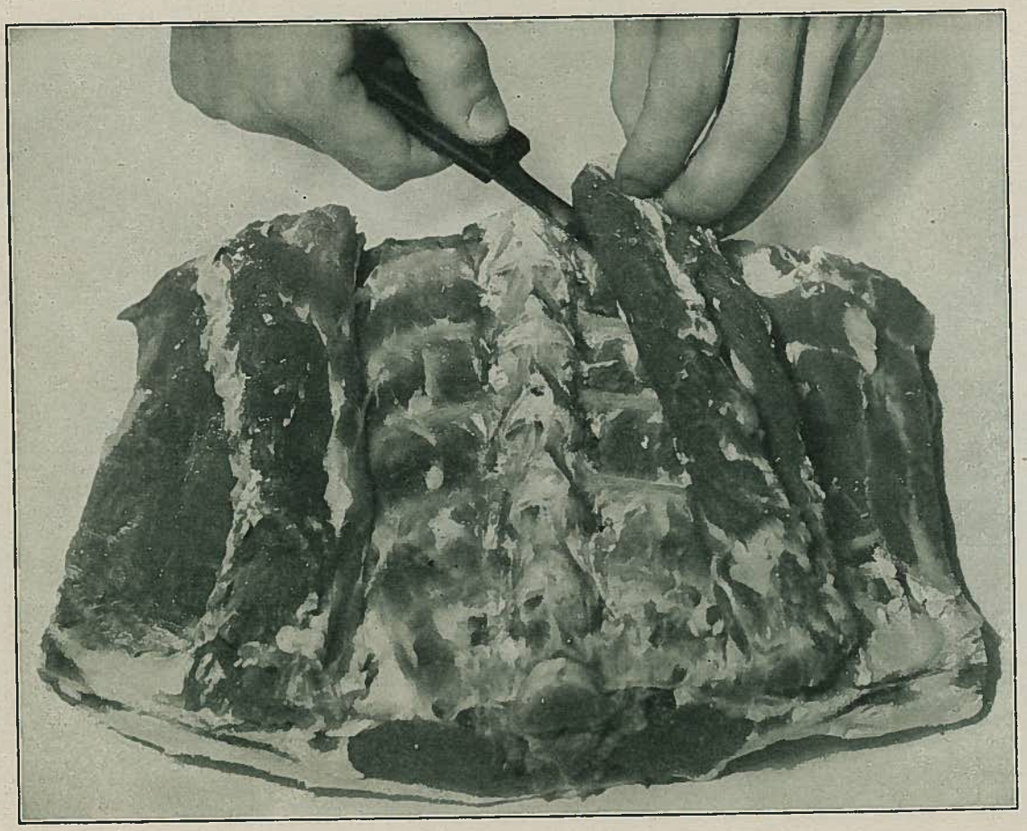


8. Boneless roasts from two legs.

Making Boneless Loin Roast



The Loin

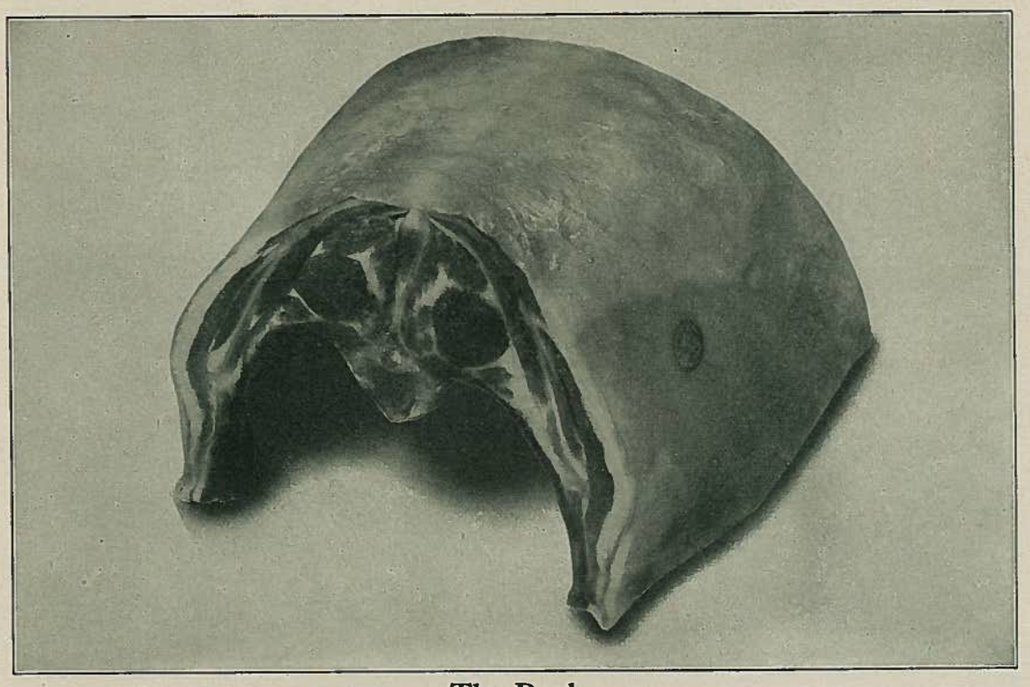


1. Loosen meat from backbone.

2. Remove backbone.

3. Boneless loin roast.

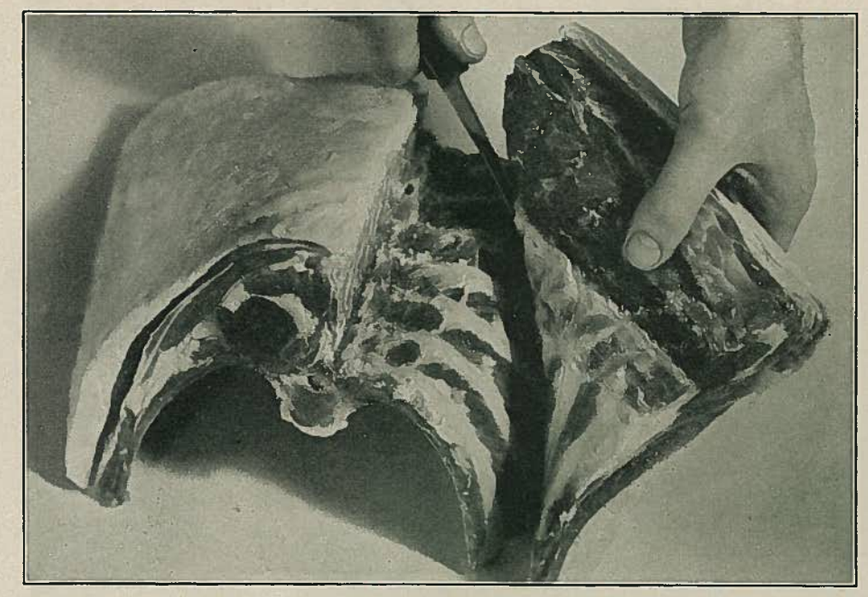
Making Boneless Rack Roast



The Rack

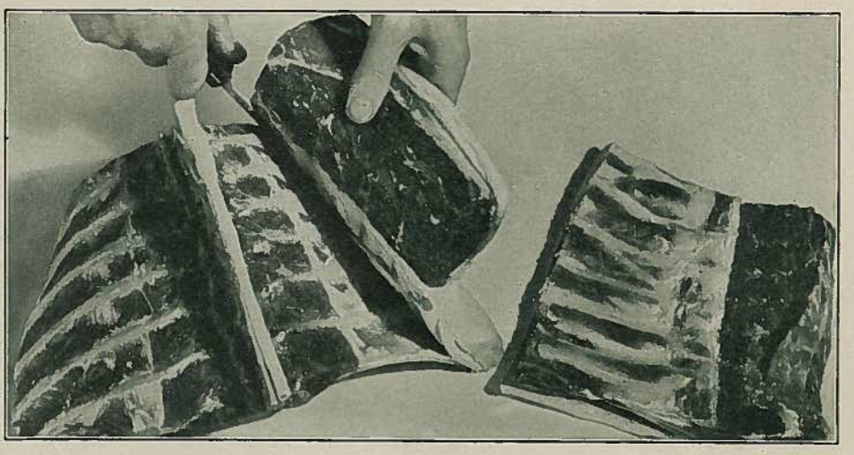
1. Pull off fell.

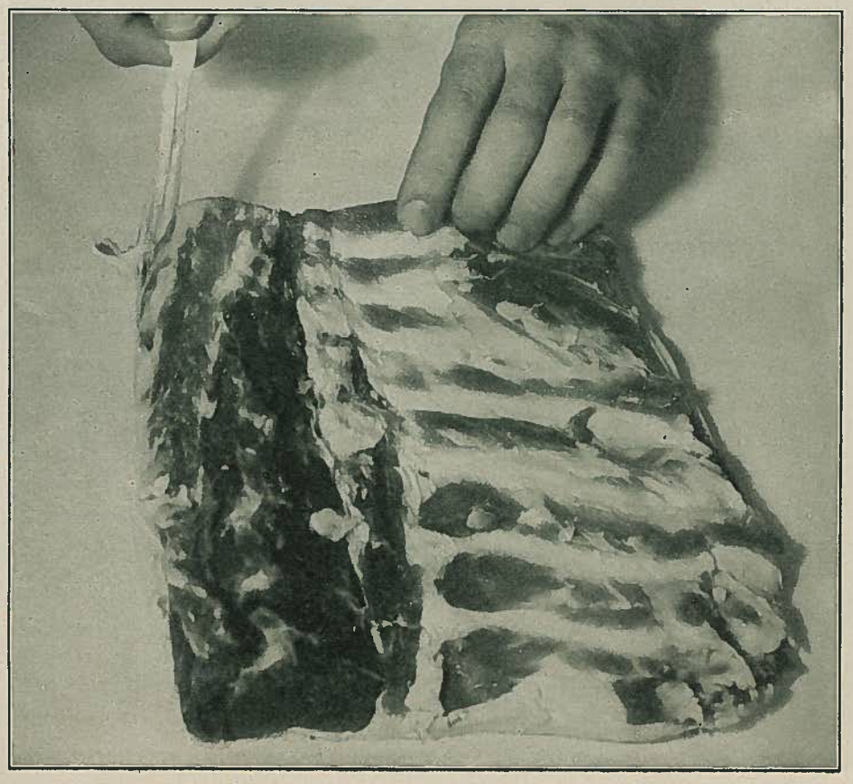
The fell. The lamb fell should be removed if the meat is to be used for stew or chops. It may or may not be taken off if the lamb is to be roasted. The fell is easiest removed when the meat is chilled.



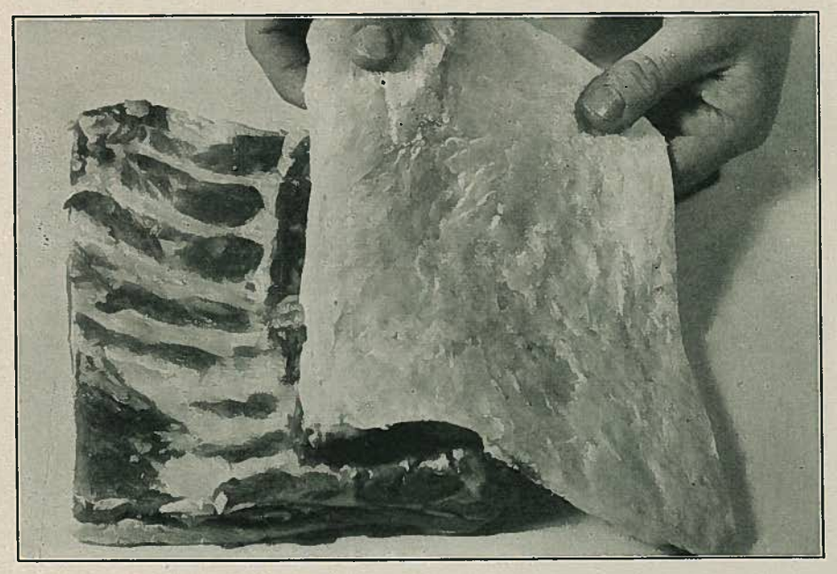
2. Run knife along feather bones, then lift meat from ribs.

3. Turn rack around to facilitate removal of remaining rack meat.

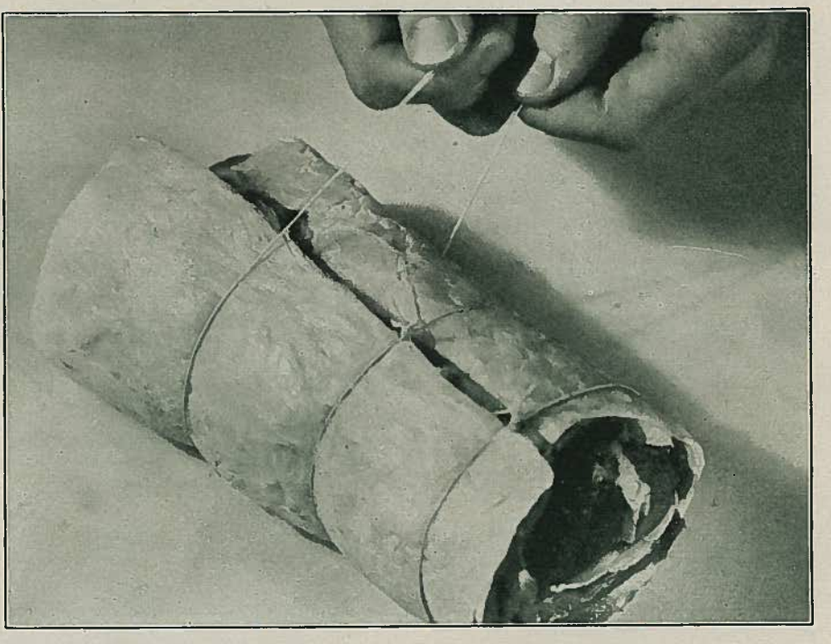




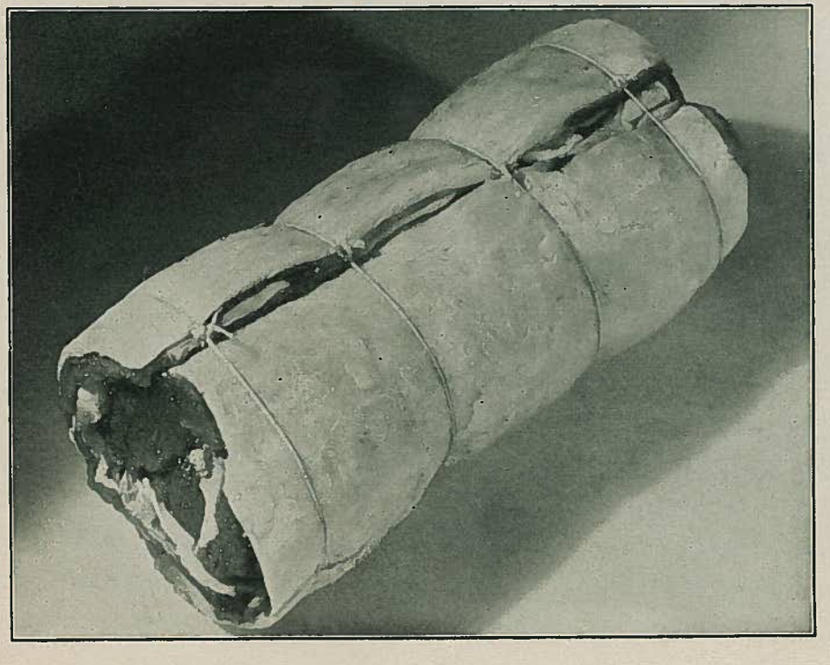
4. Pull backstrap from each half of rack meat.



5. Reverse ends before tying, to make a uniform roll.



6. Roll and tie.

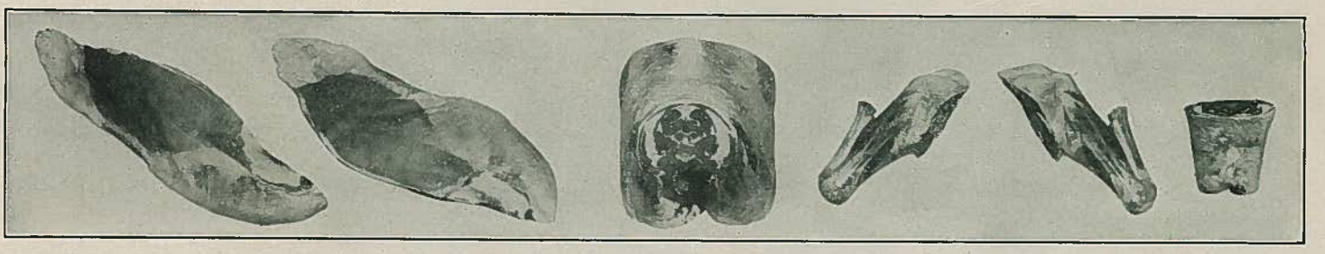


7. Boneless rack roast.

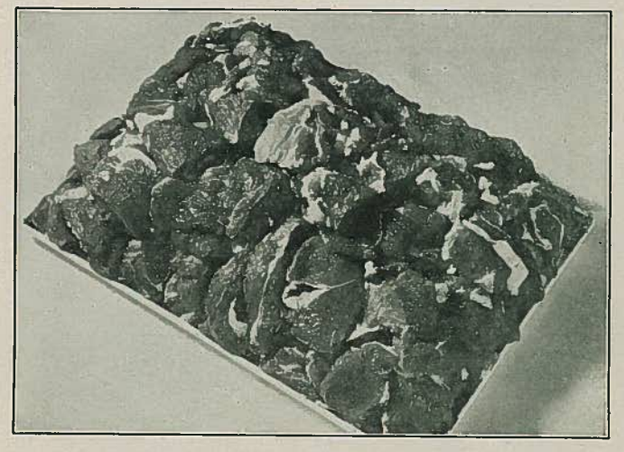
Lamb for Stew

The triangle can be used most advantageously as stew in the Army mess. Boneless meat is recommended. This eliminates any possibility of bone splinters which invariably result when a cleaver is used to cut up meat with bones in it.

The Triangle

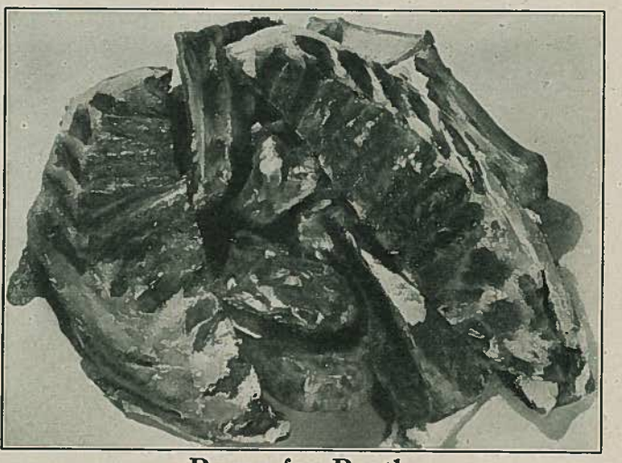


Breasts **Shoulders** **Shanks** **Neck**



Boneless Meat for Stew

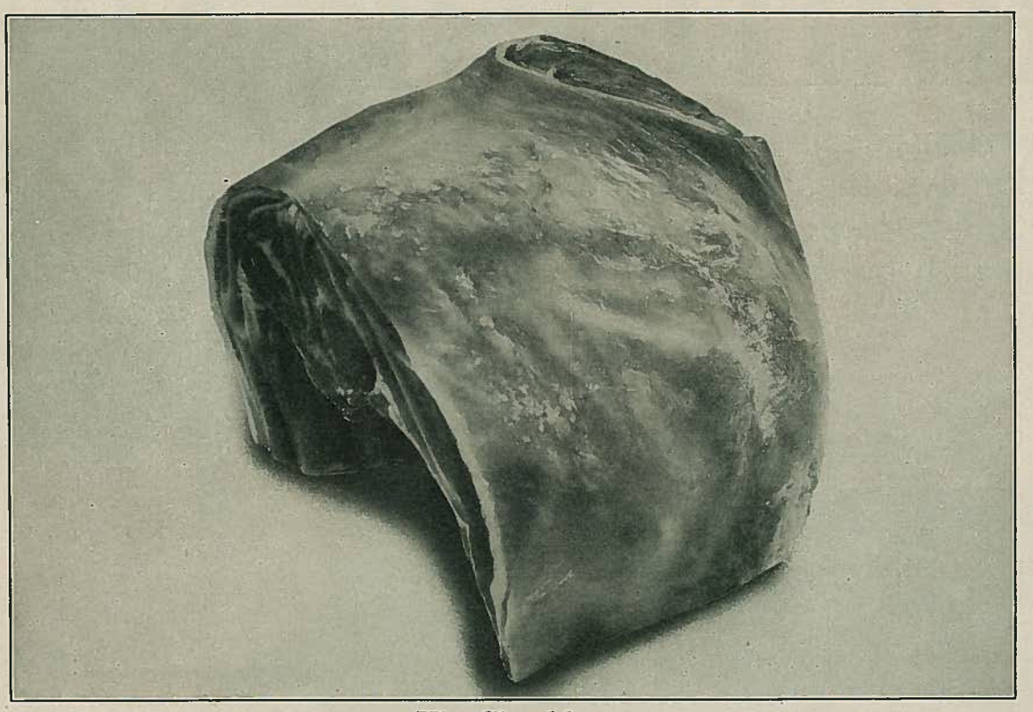
Lamb makes a tasty stew because its flavor blends well with all vegetables.



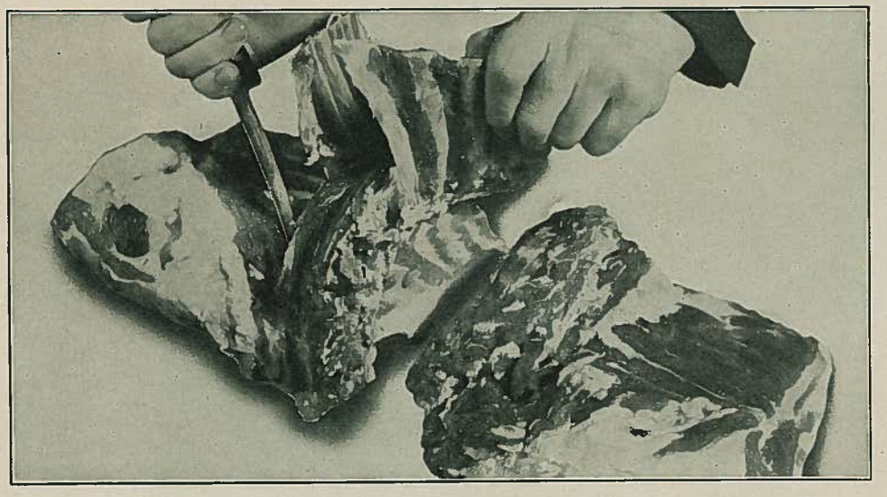
Bones for Broth

Cooked in water with onions, carrots, celery, and pearl barley, the bones make savory, taste-tempting Scotch broth.

Boning the Shoulders

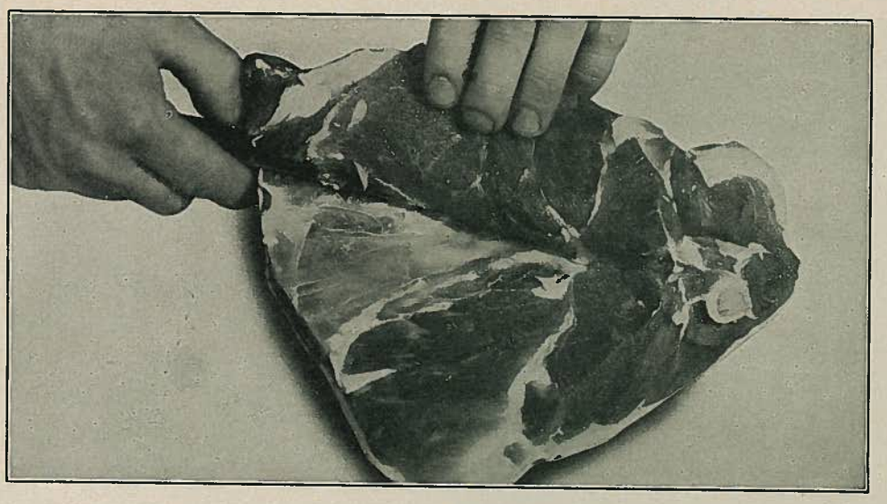


The Shoulders

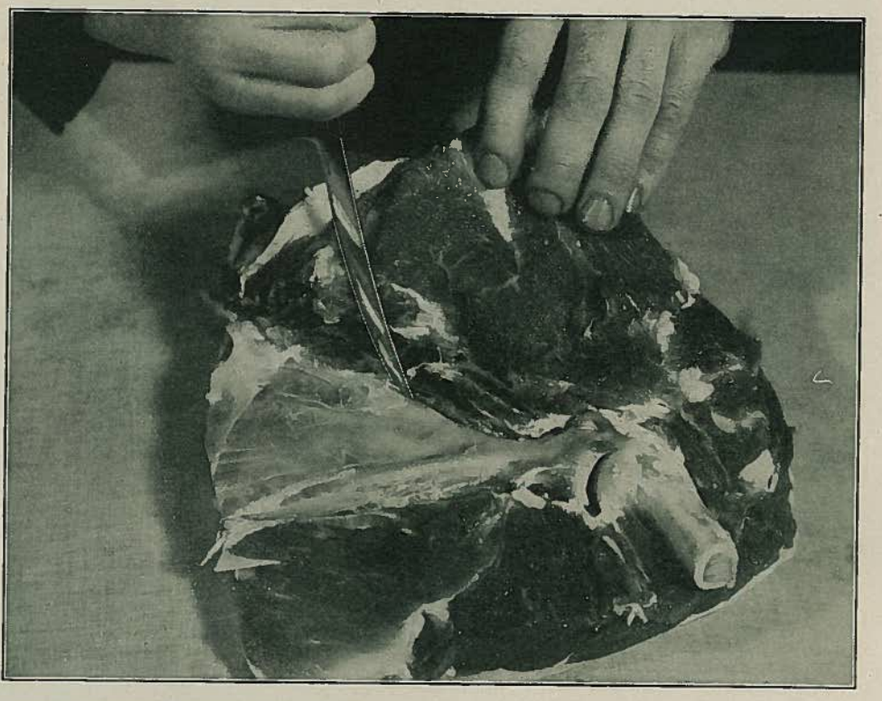


1. Remove both shoulders from unsplit ribs and backbone.

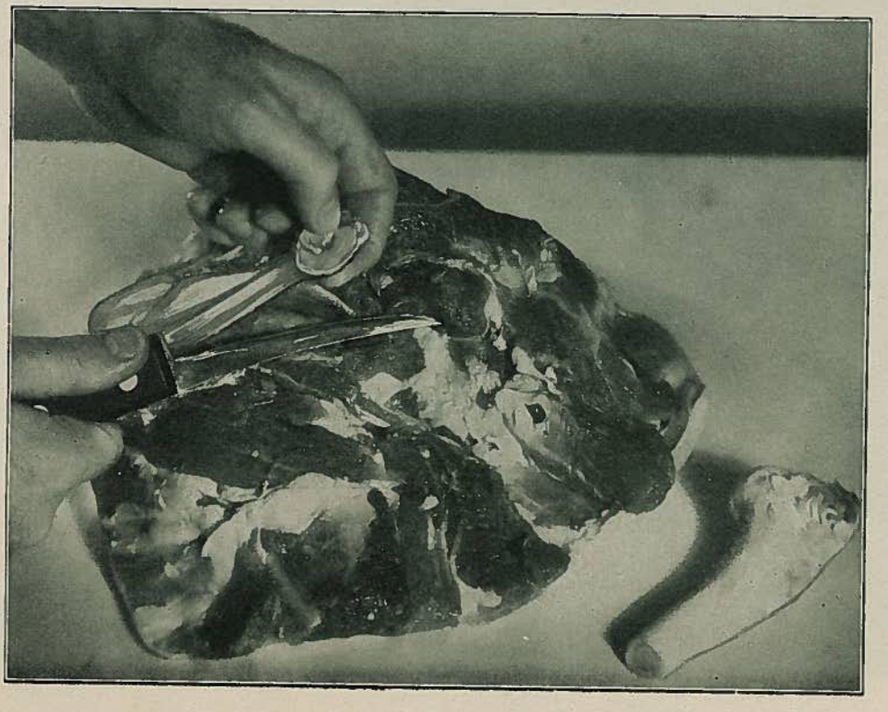
2. Pull backstrap from shoulder.



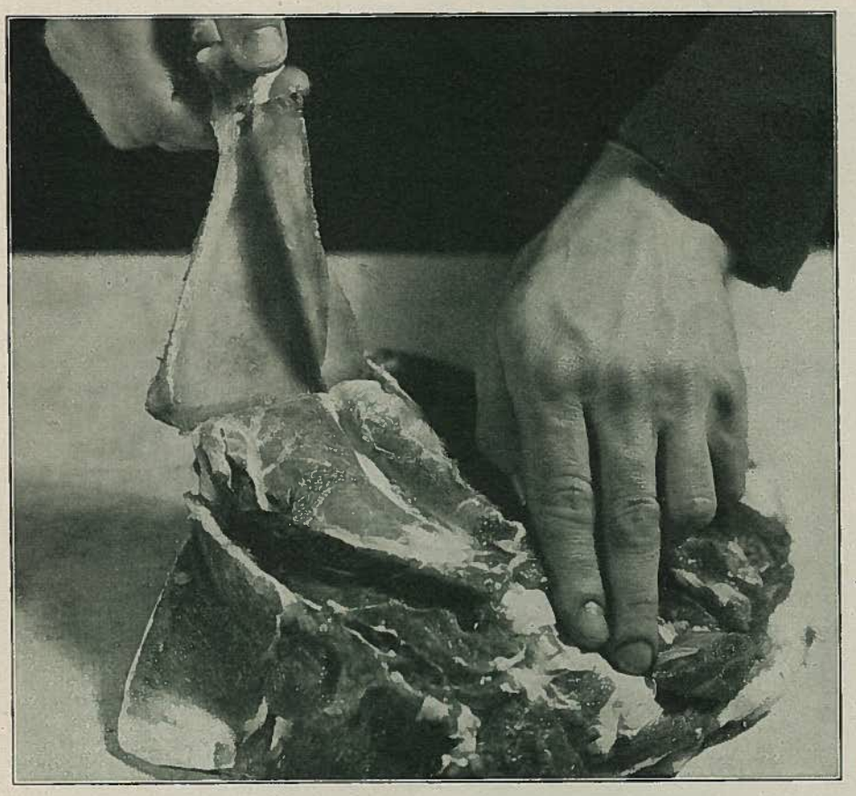
3. Open shoulder from arm and blade sides.



4. Cut meat from top surface of arm and blade bones; then run point of knife along edges of these bones.



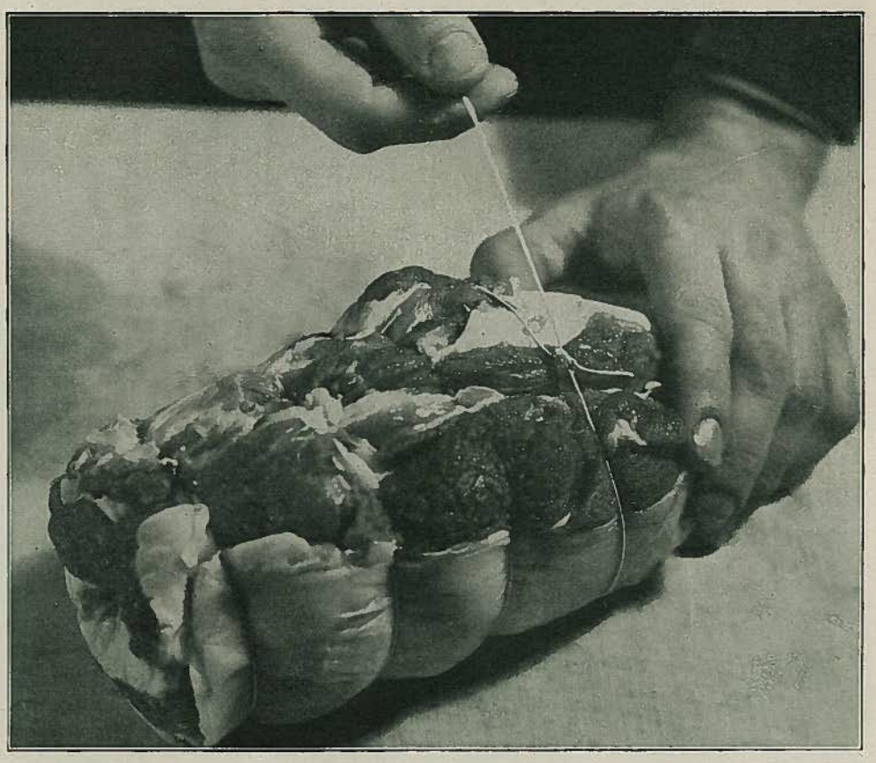
5. Unjoint and remove arm bone, then scrape end of ridge bone.



6. Pull out blade bone.

7. Cut meat into stew after removing surplus fat.

8. If shoulder is not used for stew, it may be folded into shape for a roast.

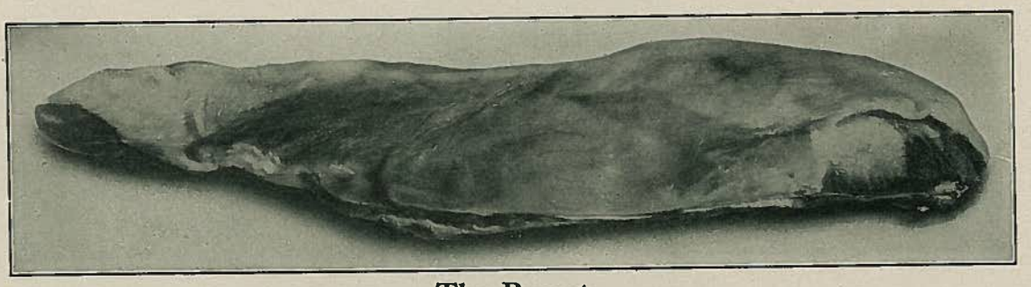


9. Tie boneless shoulder.

10. Boneless roasts from two shoulders.

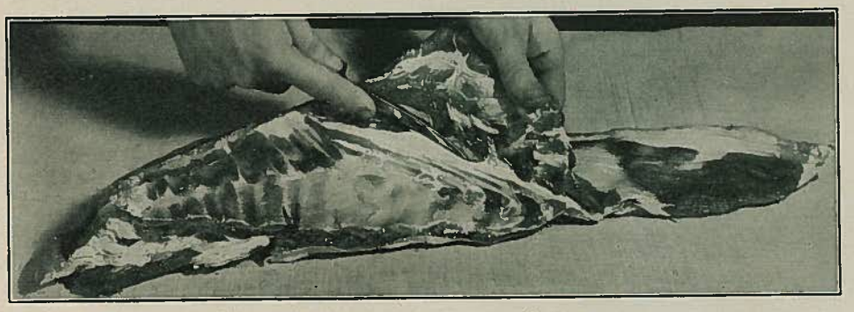
The shoulder is an accommodating lamb cut. It makes a delicious stew (No. 7) or a perfect roast (No. 10), depending upon the need.

Boning the Breast



The Breast

1. Remove fell and surplus fat from outside of breast.

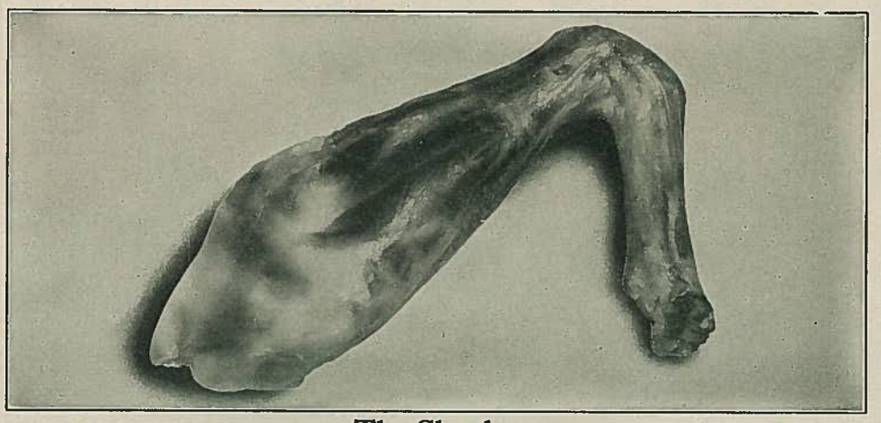


2. Cut skirt back from rib cartilages.

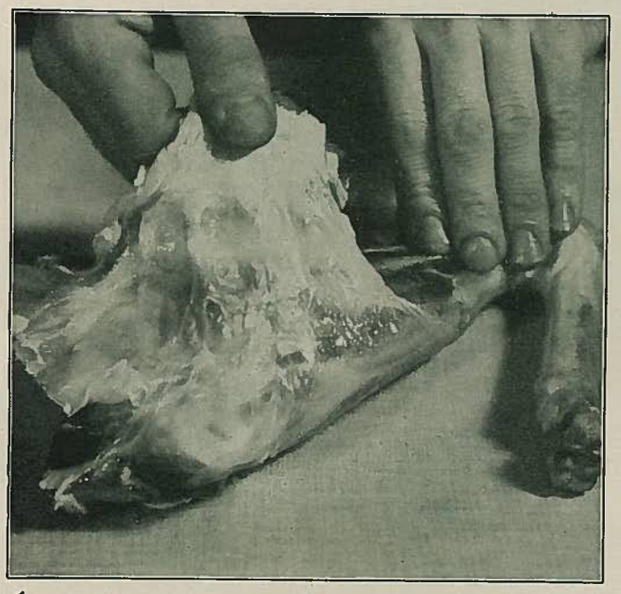
3. Cut rib bones from breast.

4. Remove excess fat from inside of breast, then cut for stew.

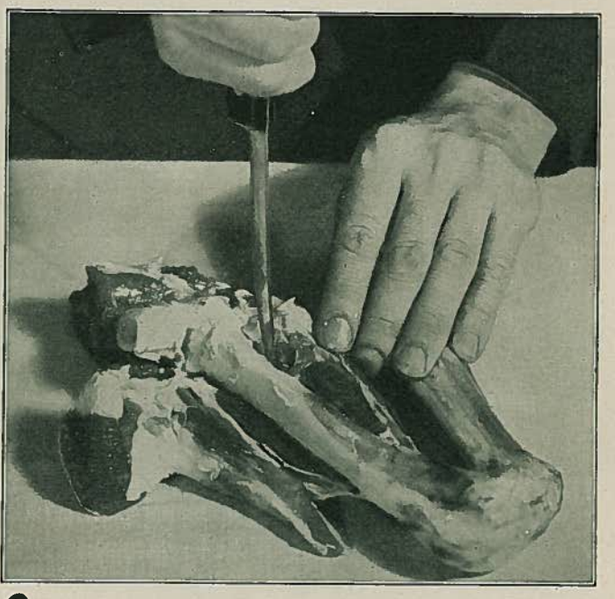
Boning the Shank



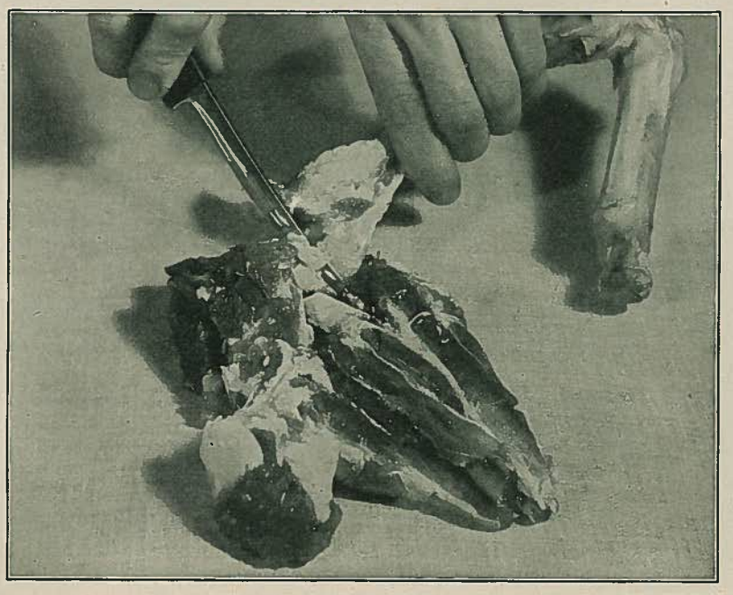
The Shank



1. Remove fell.

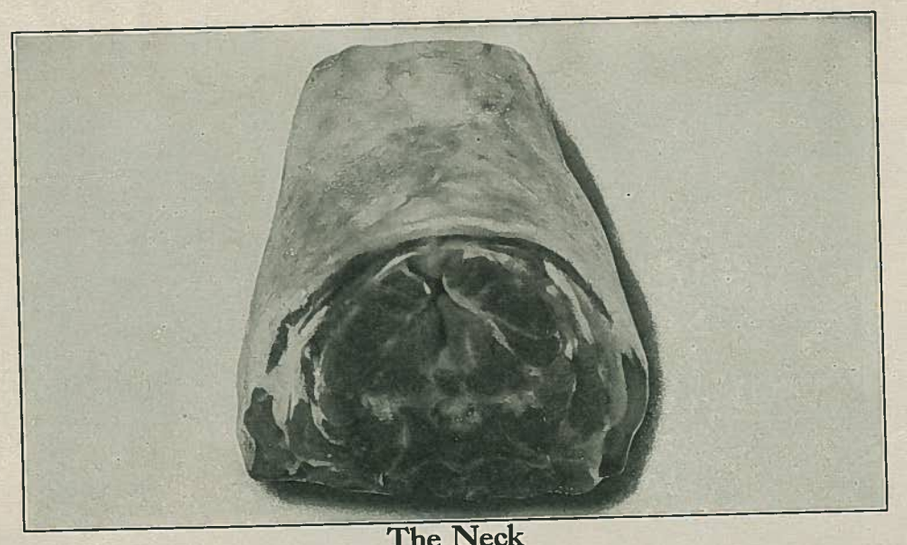


2. Cut meat from around bone.



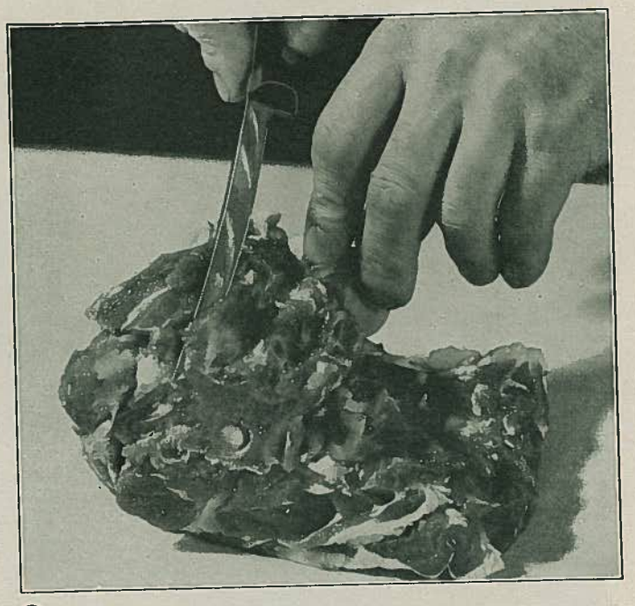
3. Remove bone from meat and cut meat into stew.

Boning the Neck



The Neck

1. Remove fell and surplus fat.

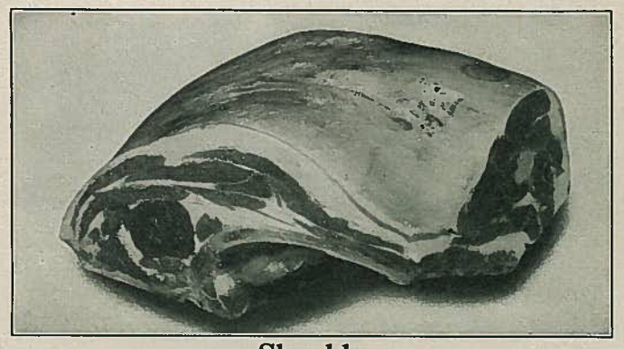


2. Cut meat from around neck bone.

3. Pull out backstrap, then cut neck meat into stew.

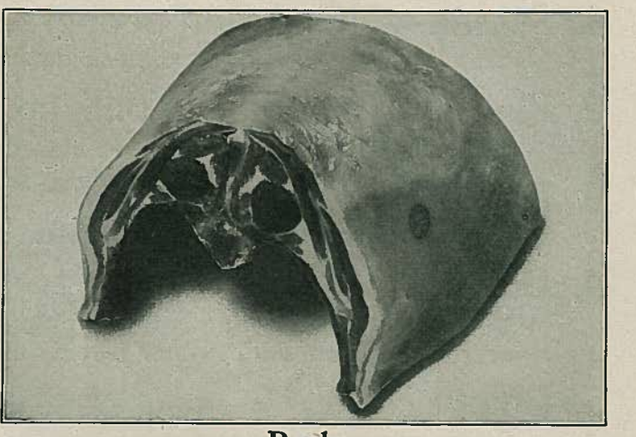
Lamb for Chops

Lamb chops are obtained from the shoulder, rack, loin and loin end of leg. The fell should always be removed from chops before cooking.



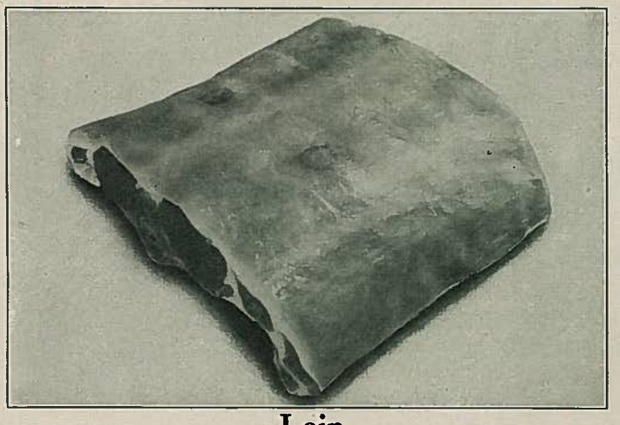
Shoulder

Blade Shoulder Chop Arm Shoulder Chop



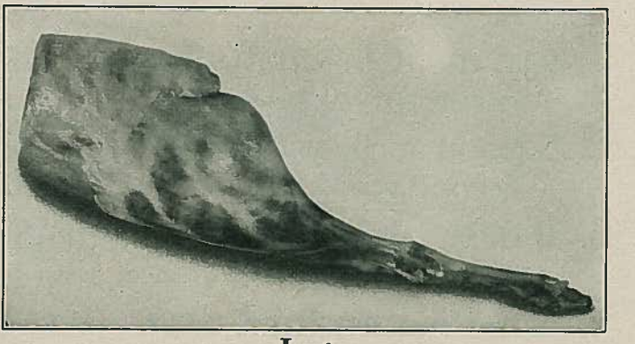
Rack

Rib Chops from Rack

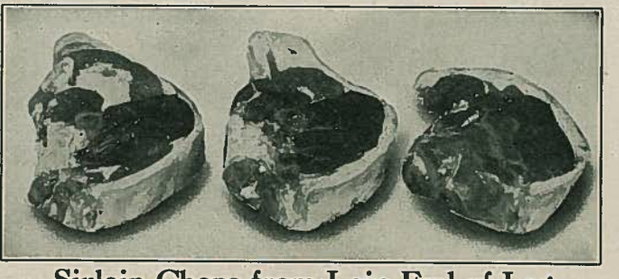


Loin

Loin Chops



Leg



Sirloin Chops from Loin End of Leg

Methods for

ROASTING

1. Season with salt and pepper.
   Seasoning may be added at start, during or at end of cooking.
2. Place roast on rack in pan, fat side up.
   As fat melts it runs over and through the meat, therefore basting is unnecessary.
3. Do not sear.
   Searing does not keep in juices. Meat and gravy will be nicely browned without initial sear.
4. Do not add water.
   With a moderate temperature drippings will not burn. If heat cannot be kept moderate, however, a small amount of water may be added.
5. Do not cover.
   Steam surrounds covered meat, making it a pot-roast.
6. Roast at constant temperature—325° F. (16 counts).
   A moderate temperature reduces shrinkage and increases flavor, juiciness and tenderness.
7. Turn boneless roasts.
   A boneless roast will cook more uniformly if turned once or twice.

STEWING

1. Cut meat in small pieces.
   A boneless stew is more desirable than one with bones.
2. Season with salt and pepper.
   Salt will penetrate small pieces, so season at start of cooking.
3. If desired, brown on all sides in hot fat.
   A browned stew has more meat flavor than a light stew.
4. Cover with water.
   Meat should be entirely covered with water so it will cook uniformly. The water need not be boiling as this does not seal in juices any more than searing.
5. Cover kettle and cook meat until tender.
   Meat will be done when it is tender, about 2-2½ hours.
6. Cook at a simmering temperature—185°-200° F.
   Meat will be more flavorful and juicy when simmered.
7. Add vegetables before meat is done.
   Vegetables should be added just long enough before the meat is done for them to become tender.

Cooking Lamb

BROILING

1. Turn heat to highest point.
   Proper distance of meat from heat assures a moderate temperature. (See next step.)
2. Put steak in broiler.
   Place 1-inch steak two inches from heat and 2-inch steak three inches from heat.
3. Broil until top side is nicely browned.
   Meat will be about half done at this point.
4. Season with salt and pepper.
   Salt is added after browning, so juices will not be drawn out through the relatively large exposed surface.
5. Turn and brown second side.
   Only one turning is necessary, as searing does not keep in juices.
6. Season second side and serve.
   Broiled meat should be served on hot plates as soon after cooking as possible.

PANBROILING

1. Place meat on ungreased frying-pan or griddle.
   Enough fat cooks out to keep meat from sticking to pan.
2. Brown, turn and brown the second side.
   This develops flavor and aroma.
3. Season with salt and pepper.
4. Cook at moderate temperature.
   A moderate temperature makes meat juicier and prevents over-browning.
5. Turn occasionally.
   This insures even cooking.
6. Pour off or scrape away surplus fat as it collects.
   Meat should panbroil, not fry.
7. Do not add water. Do not cover.
   Meat will braise in the presence of moisture.
8. Serve hot on a hot plate.

TIME TABLE FOR COOKING LAMB

Method	Size of Cut	Time
Roasting	4-5 lb. boneless roasts	40-45 min. per lb.
Stewing	2-inch boneless pieces	2½ hours
Broiling	1-inch chops	12-15 minutes
Panbroiling	1-inch chops	12-15 minutes

What to Serve with Lamb

PLANNING MENUS WITH ROAST LAMB

APPETIZER OR SOUP	STARCHY FOOD	OTHER VEGETABLES	BREAD	ACCOMPANIMENT	SALAD	DESSERT
Consommé	Browned Potatoes	New Peas	Hot Rolls	Apricot Sauce	Waldorf	Date-Nut Pudding
Purée of Bean	Baked Potatoes	Baked Onions	White Bread	Green Onions	Pineapple	Chocolate Cake
Fruit Cup	Mashed Potatoes	Spinach	Hot Muffins	Guava Jelly	Combination Vegetable	Cherry Pie
Cream of Asparagus	Parslied Potatoes	Corn Pudding	Hard Rolls	Sweet Pickles	Lettuce and Cucumber	Ice Cream - Cake
Spiced Tomato Cocktail	Candied Sweet Potatoes	Carrots	Assorted Breads	Assorted Jams	Raw Vegetable	Fruit Shortcake
Fresh Vegetable Broth	Boiled Potatoes	Green String Beans	Parkerhouse Rolls	Mint Sauce	Carrot and Raisin	Cocoanut Cake
Asparagus Soup	Creamed Potatoes	Escalloped Tomatoes	Butter Rolls	Pickled Beets	Sliced Tomato	Fresh Pineapple
Lamb Broth	Baked Sweet Potatoes	Creamed Asparagus	Corn Sticks	Browned Pears	Hearts of Lettuce	Chocolate Pudding
Minted Grapefruit	Escalloped Potatoes	Cauliflower	Hot Bran Muffins	Mint Jelly	Cole Slaw	Fruit - Cookies
Jellied Consommé	Buttered Noodles	Rutabagas	Rye Bread	Currant Mint Sauce	Lime Gelatin	Apple Pie
Fruit Juice	Mashed Sweet Potatoes	Baked Squash	Blueberry Muffins	Radishes - Onions	Apple, Celery and Nut	Ice Cream
Split Pea Soup	Steamed Rice	Green Lima Beans	Graham Bread	Celery - Olives	Tomato and Cucumber	Chocolate Sauce
Spinach Soup	Lyonnaise Potatoes	Brussel Sprouts		Crisp Carrot Sticks	Cottage and Pineapple	Stewed Apricots —Cake
Cream of Tomato		Buttered Cabbage Wedges		Piccalilli		Hot Gingerbread
Cranberry Nectar						

FOR VARIETY IN LAMB STEWS

VARY THE VEGETABLES	VARY THE SEASONING	VARY THE STARCHY FOOD
1. Carrots, celery, onions	Parsley, peppercorns	Potatoes
2. Celery, green pepper, summer squash	Bayleaf, marjoram, garlic	Baking powder biscuits
3. Lima beans	Sour cream, paprika	Dumplings
4. Onions, apples, celery	Curry powder, minced parsley, lemon peel, vinegar	Boiled rice
5. Okra, tomatoes, celery	Cloves, garlic	Broad noodles
6. Green beans, carrots	Capers	Pearl barley
7. Onions, tomato purée	Celery seed, Worcestershire sauce	Spaghetti
8. Kidney beans, celery, onions	Tabasco, thyme	Macaroni

Carving Cooked Lamb

1. Let meat "set" before carving.
2. Place meat on a carving board.
3. Hold meat firm.
4. Use a thin, sharp knife.
5. Remove strings and skewers.
6. Cut across grain.
7. Make uniform slices.
8. Keep carved meat hot until served.
9. Do not carve against metal.

Care of Meat Blocks

1. Keep cutting head of block dry.

   Moisture from wet meats, brine and blood soaks into the wood, causing the block to expand, the wood to soften, and affects the strength of the glued joints.

2. Scrape and brush cutting head of block after each use.

   The block will be much easier to keep clean if blood and moisture from meat are not given a chance to soak deeply into the wood.

3. Clean block thoroughly at end of day's work.

   Use steel scraper and wire brush. This will remove most of the moisture and allow the block to dry out overnight. It assures a clean, odorless, sanitary block.

4. Maintain same bevel on edges of block that it had when purchased.

   This will prevent splitting and chipping of outside boards.

5. Turn block weekly.

   Every part of cutting surface will then wear down evenly.

Cleanliness in the Kitchen

1. Wash hands as often as needed.

2. Keep finger nails short and free from dirt.

3. Wear clean linen.

4. Scour and scald meat trays.

5. Wash grinder after each use.

6. Keep floor clean.

7. Inspect left-over food thoroughly before using.

8. Keep soiled linen dry and away from heat.

9. Clean meat blocks and work tables after each use.

10. Clean inside of refrigerator, including all fixtures, and flush drain pipe with hot water. Do this frequently and at regular intervals.

11. Wash, scour, scald, and air dry all utensils.

12. Wash and boil all towels and cloths each day.

13. Garbage cans should be cleaned at regular intervals and kept covered at all times.

Care of Tools

DO

1. Keep knives and cleavers sharp.
2. Sharpen dull knives on water or oil stone.
3. Use fine-cut steel on knives to keep them sharp.
4. Use boning knife for removing bones.
5. Use steak knife for cutting steaks and roasts.
6. Wash knives in hot water, rinse and dry.
7. See that saw blade is sharp and has plenty of set.

DON'T

1. Don't ruin temper of knife on a power driven dry stone.
2. Don't use knives for cutting bones which should be sawed.
3. Don't ruin handles by leaving knives in boiling water.
4. Don't abuse sharp knives by cutting string, rope, sacks, paper, or wood.
5. Don't throw sharp knives together.
6. Don't use saw for any purpose other than sawing bones.
7. Don't use cleaver for cutting wire, opening cans or wood crates or driving nails.